

CLAIMS

I CLAIM:

1. Apparatus to prevent locking of flexed fingers and for exercising grip, the apparatus comprising:
 - 2 a glove to be worn on a person's hand;
 - 4 a compressible and resilient object, of a size and shape grippable by the fingers of the hand, and having sufficient resistance to compression that the flexure of the fingers is limited to an amount that they do not become locked in the flexed state; and
 - 6 a fastener that affixes the compressible and resilient object against the glove proximate the palm of the hand.
2. Apparatus as in claim 1 wherein the compressible and resilient object is a rubber ball.
3. Apparatus as in claim 2 wherein the rubber ball is of closed cell rubber.
4. Apparatus as in claim 2 wherein the diameter of the rubber ball is in the range of about two to three inches.
5. Apparatus as in claim 1 wherein the hardness of the compressible and resilient object varies from about two to twenty on the Shore A scale as the object is increasingly compressed to about half its thickness.

6. Apparatus as in claim 1 wherein the fastener comprises patches of hook and loop material, one of which is affixed to the compressible and resilient object and the other of which is affixed to the palm of the glove.
7. Apparatus as in claim 1 wherein the glove is of leather and the tips of the thumb and finger portions are absent.
8. Apparatus as in claim 1 wherein the compressible and resilient object is removably fastened to the glove.
9. Apparatus as in claim 1 wherein the compressible and resilient object is permanently fastened to the glove.
10. Apparatus as in claim 9 wherein the fastener is an adhesive.
11. Apparatus to prevent locking of flexed fingers and for exercising grip, the apparatus comprising:
- a first loop of elastic material of circumference selected to fit snugly around the portion of a human hand that is between the knuckles for the four adjacent fingers and the knuckle for the thumb;
 - a second loop of elastic material of circumference selected to fit snugly around one or more of the fingers and at a location thereon proximate the knuckle where the one or more fingers are joined to the hand;
 - a compressible and resilient object fastened to the first loop of elastic material at a first location on the object and fastened to the second loop of elastic material at a second location on the object, the first and second locations selected to accommodate the

way the object is gripped by flexing the fingers while the object is against the palm of the hand.

12. Apparatus as in claim 11 wherein the compressible and resilient object is removably fastened to the first and second elastic loops.

13. Apparatus as in claim 11 wherein the compressible and resilient object is permanently fastened to the first and second elastic loops.

14. Apparatus as in claim 11 wherein the compressible and resilient object comprises a rubber ball.

15. A method to prevent locking of flexed fingers and for exercising grip, the method comprising the steps of:

wearing upon a portion of the hand a snug fitting covering of flexible material;

attaching to the covering at a location proximate the palm of the hand a compressible and resilient object; and

limiting with the resistance of the object to compression the extent to which the fingers of the hand can flex.

16. A method as in claim 15 wherein the limiting step further comprises the step of preventing locked fingers by keeping the fingers from flexing to the degree needed to become locked.